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The Art Of Fermentation An

Winner of the James Beard Foundation Book Award for Reference and Scholarship, and a New York Times bestseller, with more than a quarter million copies sold, The Art of Fermentation is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding ...

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June 13, 2012 • Self-described "fermentation revivalist" Sandor Katz says "the creative space" between fresh and rotten is the root of most of humanity's prized delicacies. His new book, The Art of...

The Art of Fermentation : NPR

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Solid substrate fermentation is a very efficient process. The substrates are all products of agriculture grains, seeds, beans all sources of starch, cellulose and fiber. Once hydrated and sterilized, the grain readily absorbs nutrients from liquid culture providing the necessary requirements for healthy biomass production. ...

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in food preservation, and fermentation strikes me as a wonderful technique: not only does it preserve my harvest, but it adds to it, in that the bacteria involved in fermentation provide, when consumed, an enhancement to my intestinal microbial ecology. The Art of Fermentation is an absolute treasure.

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The Art of Fermentation, which is essentially a cookbook, was a New York Times bestseller! In addition to this prestigious accolade,

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it also won the 2013 James Beard Foundation Book Award. The reason for this is not only the depth of analysis the author goes into – it is also his writing style.

Book - The Art of Fermentation: An In-Depth Fermentation Guide
Just to give you an idea, Art of Fermentation also covers all of the following: kombucha, sauerkraut, tempeh, miso, wine, beer, sake, hominy, coffee, cheese, salami, cod liver oil, brined mushrooms, kimchee, cider, fermented urine as garden fertilizer, sourdough breads, koji, and 100 year eggs. That ' s only a sampling.

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Fermentation revivalist Sandor Katz has inspired countless thousands to rediscover the ancient art of fermentation, and with

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The Art of Fermentation Sandor Ellix Katz is the author of The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes From Around The World, “ the most comprehensive guide to do-it-yourself home fermentation ever published ” .

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